



Part of our team after the race!

runners took part in the event to raise funds for the Copleston Centre, the home of the Creative Therapies Project (CTP).

Part of the reason CTP is so successful is the home it has, and the groups and projects it co-habits with. Even though CTP is very lucky to be fully funded by the Big Lottery Fund, other groups rely on the generosity of the Centre and its members. If you have ever had the chance to visit us, you might have experienced the great sense of community at the Centre. CTP is proud to be based at such a great place and hopes that the Centre continues to thrive.

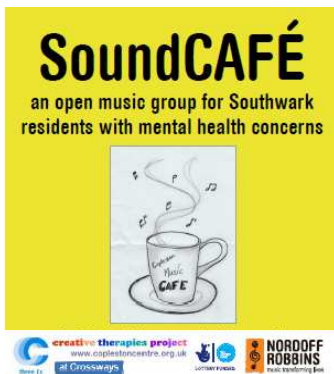
You can donate to our runners up to August. Please visit:

<https://mydonate.bt.com/charities/coplestoncentre> or give us a call.

Congratulations to all our runners and a big thank you for their great effort! For more information about what's on at the Centre please visit www.coplestoncentre.org.uk or call 020 7732 3435.

On a very rainy Sunday morning Anita Strong (CTP Pilates teacher), Paul Collier (Copleston Centre Manager) Marcela Vielman (CTP Project Coordinator), Julio Vielman (friend of the Centre) and Catherine Opie-Smith (local resident and friend of the Centre) joined around 30,000 other cold and wet runners at the Nike British 10k. Our

café sessions



Every second and fourth Monday of the month. This group will give you a chance to join in with some **music** making, show off your musical talent, and also meet with people in your area. I hope you can join us for a cup of tea and a biscuit, and if you want to, join in with the music. No previous musical ability required.

The Music Café is delivered in partnership with Three Cs at Crossways and Nordoff Robbins

Our cafe clinic is an opportunity to see one of our **complementary therapists** and maybe meet some new friends. The day includes a number of short one-to-one slots, offered on a first come, first serve basis. We will also have a social area with refreshments, games and activities. Come check out our **complementary therapies** or just for a game of Scrabble.

Come early to avoid disappointment, some restrictions apply.

The **Art Café** will open its doors on Thursday 26th July, offering a great space to explore your creativity, make some art and meet some new friends!

This is an open session where people can drop-in and find the artist in them.

For more information please contact us.

Call or email us for more information:

t: 020 7732 5880

e: [mvielman@](mailto:mvielman@coplestoncentre.org.uk)

coplestoncentre.org.uk

Upcoming Café days:

Café Clinic- Monday 23/07/2012 at 11:00-1:30 pm

SoundCafé- Monday 30/07/2012 at 4:00-5:00 pm

Art Café- Thursday 26/07/2012 at 2:15-3:45 pm



LOTTERY FUNDED

meet our team

At the Creative Therapies Project (CTP) we are so proud of our volunteers and staff. They are a key part in making the project so great!

Meet Elizabeth!

Please tell us a little bit about yourself:

I have been volunteering with CTP for the last few months as I am hoping to change career paths towards a career in the third sector.

What do you do at the Creative Therapies Project?

I have been helping out with the CTP continuation bid and many of you may have filled out a questionnaire either in the centre or over the phone which I have now compiled into a report for the bid. I have also been helping out with the Cafe clinics and with clients questions either in the centre or over the phone.

How did you start working with the Creative Therapies Project?

I started working with CTP as I had heard of the project through a friend and I was very interested in the holistic approach to mental health this project uses. I felt it was an unusual and diverse way of helping people with mental health concerns and I wanted to learn more about how people could be assisted in the community and how the forms of therapy available through CTP worked in conjunction with other statutory services. So I applied to become a volunteer here and was very pleased when they accepted me.



Why do you think CTP services are important for people with mental health concerns?

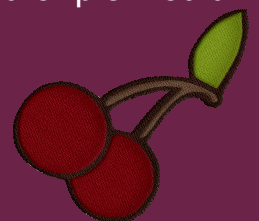
I feel that CTP provides really important and in some cases vital support for people in the borough. The project provides a safe environment where people can access services that help them reduce their isolation, interact with other members of their community, improve their fitness and health and support them when they need that little bit of extra help. Without this project the Southwark community would be a poorer place.

What is life at the Copleston Centre like?

Life at the Copleston Centre is hectic! Every minute of every day is full and each day there are new challenges which is great!

If you were a pie, what kind of pie would you be? And why?

Any cake will do as I love cake but Cherry Pie because it's scrummy!



what's on

COMPLEMENTARY THERAPIES- by appointment

- Acupuncture
 - Reflexology
 - Massage
 - Homeopathy
- } Five sessions of either.

ART THERAPY STUDIO ROOM

Booking necessary.

MUSIC THERAPY

Booking necessary.

COUNSELLING- by appointment

Eight sessions

WEEKLY PILATES CLASSES [no booking necessary]

Monday 12:00 (Women only)

Friday 12:00 (mixed)

COOKING CLUB- Six week courses

Booking necessary

COMPLEMENTARY THERAPIES CAFÉ CLINIC

Mondays (fortnightly) 11:00-1:30pm

MUSIC CAFÉ

Mondays (fortnightly) 4:00-5:00 pm

ART CAFÉ

Thursdays (fortnightly) 2:14-3:45 pm

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Southwark residents only

For details please contact us or visit our website:

www.coplestoncentre.org.uk

t: 020 7732 5880

e: mvielman@coplestoncentre.org.uk



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